

COURSE OUTLINE

Cannabis – Marijuana, THC, CBD, Synthetics – DOT | 8 Hours – 09/23

C1 – Cannabis – This Is For You

- C16.1 – Not Knowing Is Not An Excuse
- C16.2 – Sometimes All It Takes Is A Single Incident
- Cannabis – Pause, Reflect, Respond
- C16.4 – Supreme Court Sides Driver in CBD Oil Case

C2 – Cannabis – the Basics

- C26.0 | Let's Learn Some Cannabis Terms & Definitions
- C26.1 | Interesting Facts About Cannabis
- C26.2 – A Brief History of Cannabis
- C26.3 – Video: Where Did the Cannabis Plant Come From?
- C26.4 – Types of Cannabis
- C26.5 – Names for Cannabis: From Marijuana to Delta 9
- C26.5.1 – Understanding Delta-8 and Delta-9 THC*
- Synthetic Marijuana
- Brand Names for Synthetic Cannabis

Video: Teen Who Almost Died from Synthetic Marijuana Tells Her Story for the First Time

- C26.6 – Better Buns
- C26.7 – What is Cannabis

C3 – Cannabis – the Histories

- C36.1 – Trends in History
- C36.3 – Federal Government's Stance on Safety
- C36.4 – A Brief History of Cannabis in the U.S.
- History of DOT Regulations
- History of DOT Regulations – The War On Drugs
- History of DOT Regulations – Public Law 100-171
- History of DOT Regulations – DOT Regulated Industries
- History of DOT Regulations – The Omnibus Act
- C36.5 – Real Life – Why I Quit – Miley Cyrus
- History – Pause, reflect and respond
- C36.6 – Quiz – The History of Cannabis

C4 – Cannabis Past And Present

- C46.1 – Changes in Cannabis
- C46.2- Changes in Cannabis
- C46.3 – Changes to Cannabis – CBD
- C46.4 – Real Life – Why I Quit – Brad Pitt
- Quiz – Changes in Cannabis
- C46.5 – Past versus Present – Pause, Reflect, Respond
- C46.6 – Quiz – Changes in Cannabis over the last 30 years

C5 – Finding The Truth – Why People Use Cannabis

- C56.3 – Finding the Truth – Social Use
- C56.5 – Finding The Truth – Medical Use
- C56.4 – Finding The Truth – Personal “Adult” Use

C56.6 – Finding the Truth – To Summarize

C56.7 – Video: How to see past your own perspective and find the truth

C56.8 – Why I Quit – Lady Gaga

C56.9 – Finding The Truth – Pause, Reflect, Respond

C56.8 – Finding The Truth

C6 – Methods of Use – Objectives and Terms

C66.1 – Methods of Use – Inhalation

C66.2 – Method of Use: Oral Ingestion & Sublingual

C66.3 – Method of Use – Topical

C66.5 – Method of Use – Pause, Reflect, Respond

C66.4 – Real Life – Why I Quit – Weedless.org

C16.3 – Cannabis Use – Pause, Reflect, Respond

C66.6 – Quiz – Method of Use

C7 – Cannabis the Science

C76.1 – The Science – THC versus CBD

C76.2 – The Science – The Brain on THC

C76.3 – The Science – The Body on THC

Video – Demystifying the Endocannabinoid System

The Science – Pause, Reflect, Respond –

P1.2 – Video: Let's quit abusing drug users

C76.4 – Real Life – Why I Quit – Kid Cudi

C76.5 – The Science – Pause, Reflect, Respond

C86.6 – Video: Build A Brain

C76.6 – Quiz – The Science

C8 – Cannabis Effects

C86.1 – Effects of Marijuana Use on Physical Health – Respiratory System

C86.2 – Video: 17-year-old speaks out after double lung transplant due to vaping

C86.3 – Effects – Circulatory System

C86.4 – Effects – Central Nervous System

C86.5 – Effects: Digestive System

C86.7 – Effects Immune System

C86.8 – Effects – Reproductive System

C86.9 – Video: Medical Marijuana and Fertility

C86.11 – Effect – Pause, Reflect, Respond – Physical Health Effects

C86.11 – Effects of Cannabis (8/22)

C9 – Effects of Marijuana Use on Mental Health

C96.1 -Effects – Mental Health

C96.2 -Mental Health

C10 – Effects of Cannabis On the Job

Effects On the Job – Objectives, Terms

C106.1 – Impairment

C106.2 – Many Drivers Never Return To Work

C106.4 – The Law, Employees, & Employers

C106.3 – What Does The Law Say

C106.5 – Effects Job – Pause, Reflect, Respond

C106.6 – Effects On the Job (8/22)

C11 – CBD

- C116.1 – Learning the Language
- C116.2 – So What is Marijuana And What is Cannabis?
- C116.3 – Let's Visualize
- C116.4 – CBD Basics
- C116.5 – Why Do People Use CBD?
- C116.6 – Kinds of CBD
- C116.7 – CBD Extraction Methods
- C116.8 – How is CBD used?
- C116.9 – Common Methods Continued
- C116.10 – Side Effects of CBD
- C116.11 – Concerns About CBD
- C116.12 – CBD And THC Approved Medications
- C116.13 – FDA Warnings
- C116.14 – Selling CBD
- C116.15 – Video: Amazon prohibits CBD sales
- C116.16 – CBD Mislabeling and Contamination
- C116.17 – Operation CBDDeceit
- C116.18 – Risks Of CBD
- C116.19 – Interactions
- C116.20 – Narrow Therapeutic Index
- C116.21 – Risk Of CBD In Pregnancy
- C116.22 – CBD Stories – A Trucker, Train Engineer and Flight Attendant
- Cannabis Products That Don't Contain CBD Or THC
- Departments of Transportation and Defense
- C116.23 – CBD
- C1.0 – CBD Is Everywhere

Research

- Current Perceptions
- Picking Reliable Sources
- Navigating the Research
- Websites Examples
- The National Academy of Science Research (NAS) Cannabis Study
- NAS Investigation Conclusions
- RSA.1 | Terrifying Video of Drunk Truck Driver
- Safety Sensitive Employees
 - SS.0 – Regulatory Update: Marijuana Rescheduling
 - SS.2 | DOT Drug and Alcohol Testing Overview
 - SS. 3 | What is Part 40
 - SS.4 | Prohibited Conduct
 - SS.6 | When will you get tested
 - SS.7 | Drug Testing
 - SS.8 | Alcohol Testing
 - SS.Q8 – Alcohol Testing (8/22)
 - SS.9 | Refusal to Test
 - SS.10 | Removal from Safety Sensitive Duties

SS.10 – Removal (8/22)

SS.11 | DOT Return to Duty

SS.12 – Treatment, Prevention and Confidentiality –

A1.1 – What is addiction –

SS.5 | Common Drug Panel Tests

SS.Q5 – Common Drug Panel (08/22)

C12 – Prevention and Treatment

C126.1 – Self-Diagnosing For Cannabis Use Disorder

C126.2 – Psychiatric Times Case Study

C126.3 – Video: What Physicians Should Know About Addiction and Recovery – George

C126.4 – How to Find Treatment –

C126.5 – Recovery and Relapse

C126.6- References and Resources

Cannabis – Post Test

Course Survey